



Newsletter of the Utah State Library for the Blind and Disabled

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This newsletter is available in Braille, on cassette, or via email by contacting the library, or on the Utah State Library Division website at <http://blindlibrary.utah.gov> then click on See Note Newsletter.

Braille Calendars for 2010 Now Available

Once again the library is providing Braille calendars, compliments of American Action Fund for Blind Children and Adults. To request one, please call or email the library (blind@utah.gov) to request this item.

Cassette Books 2008 Now Available

The large print edition of Cassette Books 2008 is now available. It includes all adult, young adult, and Spanish language books on cassette produced by the Library of Congress during 2008. Titles are grouped by nonfiction subject or type of fiction. The catalog also contains a bestsellers index.

If you have not already received a copy (it is red in color), please call or email the library (blind@utah.gov) to request this item.

Library Cosponsors Art Exhibit

The Utah State Library in partnership with other agencies of the Utah Department of Community and Culture: the Division of Arts and Museums, and State History, and the Division of Services for the Blind and Visually Impaired, Art Access, and Kindred Spirits is sponsoring an art exhibit. The exhibit is open to artists of all ages who reside in Utah and who are blind or visually, physically, or learning disabled.

This is a non-juried exhibit of works in all media. The project is intended to celebrate art by disabled artists and to challenge the perceptions of artistic vision. The art will be displayed at the Rio Grande Depot Mezzanine, 300 South Rio Grande St. (450 West), in downtown Salt Lake City from October 16, 2009 until January 4, 2010. The exhibit is free to the public.

Digital Transition Rolls On

The patron waiting list for digital machines is currently over 500 people. The library will receive about 170 machines per month for the next several months. Please be patient if you are on the list.



The Library of Congress plans to announce the first available digital books in the November-December 2009 issue of Talking Book Topics.

If you have a library digital machine already, there are new digital books (DBs) arriving each day at the library. You can access those already available and those in the process of production on the library's Online Catalog – KLAS from the library's homepage:
<http://blindlibrary.utah.gov>

If you have email, the library can email you a catalog of the DBs that are currently available. Please call or email the library to request this. You may also call the library and ask staff to select DBs for you.

Club Vision at the Andrew S. Rowan Reading Room

Club Vision at the Andrews S. Rowan Reading Room provides the visually impaired with fun social opportunities centered around lunch, and readings of fiction, non-fiction, magazines and newspapers. Activities are designed to bring together those with similar challenges. Club Vision members must have severe to total vision impairment, and be able to care for personal hygiene needs. Those with special needs must be accompanied by a caregiver or companion. Transportation to and from Club Vision is provided.

All Club Vision activities are free of charge thanks to generous donors. Members from the greater Salt Lake area meet Monday, Wednesday and Friday from 11:30 am to 2:30 pm at the Elks Club Building at 4894 So. State Street in Murray.

For more information, call Susan Woolstenhulme, Volunteer Coordinator, at 801-262-3769 or Christine Allred, Board Advisor, at 801-424-0096.

Teen Newsletter Now Available Online

Available now at <http://uslbdteens.wordpress.com> is a new online newsletter for library patrons ages 13-19. The benefits of an online newsletter for our young adult readers will increase as we move further into the digital age. This will be a 24/7 place for our teen readers to access information specifically targeted to their age group, and will enable a more interactive format than a newsletter in print or on cassette.

The page looks plain right now, but as we move forward, participation from our younger patrons will determine the direction and ultimate success of the newsletter. If you have any suggestions for or about this online newsletter, please direct an email to spitkin@utah.gov.

“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”

-- Mark Twain

Volunteer Corner – Cold and Flu Season

Because each library volunteer is important, we want to share the following information so you and your family may be prepared for the upcoming cold and flu season.

If you are not feeling well, please call **James Shulfer, Volunteer Coordinator at 801-715-6791** and he will be happy to find someone to cover for your assignment.

The following information has been taken from the Utah Department of Health - October 2009 Healthy Utah Newsletter.

Flu season has come early this year, and is expected to last longer, too. It is more important than ever to make sure you're taking steps to protect your health. Recommendations from the Centers for Disease Control and Prevention (CDC) include:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Keep away from others as much as possible to keep from making others sick.
- Be prepared in case you get sick and need to stay home for a week or so. Acquire a supply of over-the-counter medicines, alcohol-based hand cleaners, tissues, and other related items to avoid the need to make trips out in public while you are sick and contagious.

If you are looking to get your flu shot, visit www.immunize-utah.org to find a Flu Vaccine Clinic near you.

Holiday Schedule

The Utah State Library is now open Monday through Thursday because of the 4-10 work week. Since Christmas and New Year's Day each fall on a Friday this year, the Utah State Library will be able to maintain its regular schedule.

The Library will be closed on the following holidays:

Wednesday, November 11th – Veteran's Day

Thursday, November 26th – Thanksgiving Day

Monday, January 18th – Martin Luther King's Birthday

Monday, February 15th – President's Day

“Every reader, if he has a strong mind, reads himself
into the book, and amalgamates his thoughts with those of the author.”

-Johann Wolfgang von Goethe

By providing information in the See Note, the Utah State Library Division, Program for the Blind and Disabled, does not endorse any product, service, organization, or company mentioned herein.